



Inspiring excellence together

BULLETIN

TUESDAY AUGUST 13, 2019

From The Principal's Desk

What's On			
Date	Activity	\$	Note
16.08.2019	P&C Trivia Night	-	-
21.08.2019	Netball Gala Day	✓	✓
22.08.2019	Book Week Parade	-	-
29.08.2019	Author visit	✓	✓
30.08.2019	Father's Day Breakfast	✓	✓

Thank you to those who were able to spare some time to visit us on Thursday to celebrate Education Week. Although a little windy, it was lovely to see so many families share a picnic lunch and take the time to explore some of the wonderful educational activities that happen at CEPS. The art display was amazing! We are very proud of the students for their achievements in Visual Arts. Thanks to Mr Voorby for coordinating the Art Show, Mr Lewis for his technology display, Mrs Lloyd and Mrs Bailey for their work with the outdoor games and Mrs Turner and Mrs Burgess for organising some outdoor learning in the garden.



School Branding

Over the past 12 months, the school has been working on developing a new 'branding' for our school to communicate a more modern image but also to align with our school vision and values. After much consultation with the students, staff and through the P&C we have incorporated our new banner statement "Inspiring Excellence Together" with our crest. The crest has been modernised a little with cleaner lines etc. With this, new stationery has been developed and has started to be used in communication. Parents will have noticed the new letterhead coming home on notes and today is the first time the new Bulletin proforma is being used. We thank parent, Cath Hetherington, for the many hours of work (and patience) that she has committed to this process.

Contact Details

It is important to ensure that the contact details held at the school are up to date. This includes email addresses, phone numbers, emergency contacts, health care records and family information. The staff need to contact families for a range of reasons, and having the correct contact details allows us to make contact with the appropriate person and for families to receive information about events at the school in a timely manner. We thank you in advance for your assistance.

My Community Project

Our hard working P&C have been successful in getting to the first step of a grant for an all abilities natural playground and fitness track in our school grounds. Our community needs to support this by voting at

mycommunityproject.service.nsw.gov.au

The more votes we get the higher the chances we have of being successful.



Kiss and Ride

Following concerns expressed by staff and parents regarding the behaviour of drivers and the subsequent safety of our students at drop off and pick up times, an enquiry was made by the school to the Lake Macquarie Council for a possible 'Kiss and Ride' zone. We have received notification that this has been approved for James Street. Preliminary plans suggest a 36 metre zone of no parking (school times) with supplementary (Kiss and Ride) signs be installed on the east side of the current crossing.

Healthy Canteen

The NSW Healthy School Canteen Strategy was launched by the NSW Premier and NSW Minister for Education in 2017. A key target of the government is to reduce the percentage of overweight and obese children by 5%, by 2025. All schools are required to transition to the strategy by the end of 2019. Our canteen committee, supported by the P&C have worked very hard over the last few years firstly to increase the days of operation from part time to full time and then to provide a menu with a variety of delicious food choices for the students at CEPS. The enthusiastic committee and volunteers have introduced competitions and special food days to encourage the students to step out of their comfort zone and try some of the healthy choices. Making these changes has taken a long time and a lot of hard work and has seen a transformation of our menu over the last few years. We are currently waiting on formal approval that our menu complies with the new strategy, which states that $\frac{3}{4}$ of the menu should be everyday foods and $\frac{1}{4}$ occasional foods. Very soon the canteen menu will identify the foods that fit into each category. Some items have been taken off the menu to meet the requirements including the lemonade icypole, honey soy chips, strawberry and banana moosies, fairy bread and sour cream. Yummy dim sims are soon to be introduced. The next step is to plan our special meal deal days and the food provided for whole school events in consideration of the canteen strategy. We thank all of those people who offer their spare time to volunteer at the canteen – we couldn't do this without you!

Student Achievements and Activities

Congratulations to all of the students who competed in the Zone Public Speaking Competition last week. Poppy in Year 2 was awarded runner up in a very close competition and Mason in Year 6 was awarded a highly commended. Well done!

Our train on debaters are at a gala day today to practice their skills against other schools, while our Premiers Debating team finished their competition last week with a win.



Our Zone Athletics Team competed well last week. The students attending the regional carnival will be announced soon. Our school looks absolutely fantastic in the photo below (Sports Update Zone Athletics) as they prepared for the march past, which we won! Abby and Spencer will be proceeding to the Regional Carnival.

One of our students also had some success outside of the school in gymnastics. Jude Patterson came third in the country championships in the all-round individual competition at level 2. Well done Jude.

Don't forget to get your thinking cap on and support the P&C Trivia Night on Friday Night. Tickets have been selling fast. Thank you to the team who have organised this event. It is looking like another great fundraiser for our school and will help make CEPS an even better place to be for our students!

A warm congratulations to Jai in 5/6H and his family as they welcomed baby Maggie to the world last weekend. Jai is a very proud big brother. We welcome this new little one to the CEPS community.

Have a great week everyone!

Michelle Unterrheiner
Principal



Tree of Values

This fortnight we continue our focus on the value **responsibility**.

Responsibility involves being accountable for your individual and community's actions towards yourself, others and the environment.

We are helping students to think about and enhance their responsible behaviour. Last week we encouraged the students to **be tidy** at school and this week we highlight the need to **think before we act**. Students will be encouraged to pause and think through their options before taking a positive course of action, while also respecting that mistakes are a valuable part of learning.

Thank you so much for your support in our program, we hope you can encourage these values and behaviours in your children at home to bring with them to school.

Mrs Lloyd, Mrs Bell and Mrs Bailey
Tree of Values Team

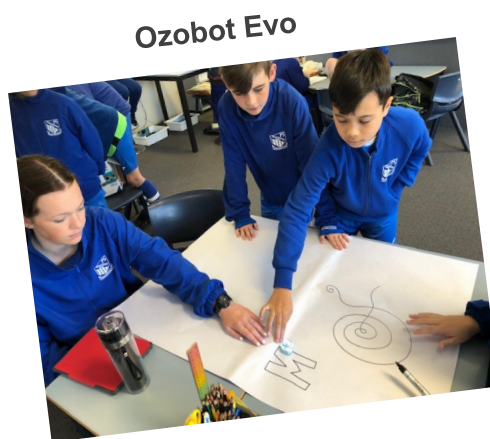
6L

2019

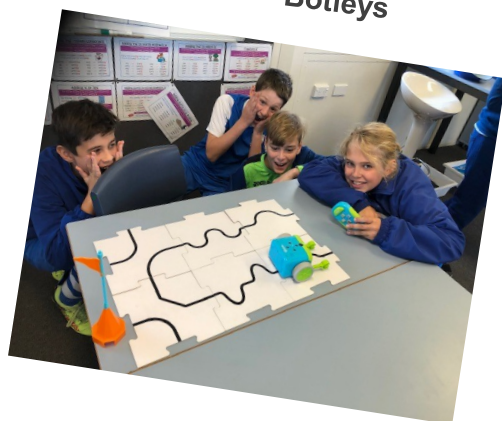
STEM time in 6L!



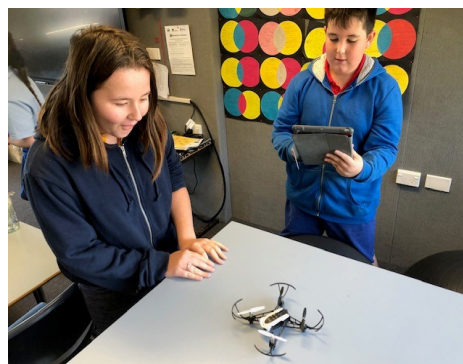
Spheros



Ozobot Evo



Botleys



Drone flying

6L collected all the school's STEM resources for the recent 'Open Day' and decided to ... umm ... keep them for a while! All of these activities are coded either 'on the device' or via iPad apps.

Why Coding?

Coding is important to learn because computer programming teaches children to experiment and gives them the confidence to be creative. They will have the chance to design something that is entirely their own. Children thrive off the feedback they get from creating something they love.

Save the date

Leadership Day – September 13

Year 6 Farewell – December 12

Presentation Day – December 11

Canberra Trip – November 6 to November 8

5/6 Class News



This term in science 5/6H have been studying bridges as part of their science unit. In week 2 the class was asked to make a bridge using only playing cards, paperclips and blue tac that could hold as many coins as possible. Here are some of the bridges.



Class Assembly Awards

Congratulations to these classes who have been noticed by our Student Executive and staff this week for:

- Class Pride – 3L
- Uniform – 1H
- Respect – 2F

Quality Education Awards

TERM 3	WEEK 3	WEEK 4
K/6A	Chase	Campbell
K/6C	Bella	Aiden
K/6T	Zarlee	Kaitlin
KB	Duncan, Parker	Madix, Tavita
KM	Liam, Flynn	Mitchell
K/1T	Micah, Audrey	Miles, Archie
1H	Jesse, Summer	Braxton, Kaiden
2C	Jude, Eve	Tenley, Rafael
2F	Abbie, Kye	Billi, Jude
3L	Gypsy, Jack	Kai S, Sienna
3/4B	Tyson, Mason	Jaspa, Isla
4N	Dekoda, Bridie	George, Kane
4/5L	Jake	Blake, Aniston
5/6H	Sharni, Max	Taj P, Spencer
6L		Regan, Braith
Library	Cienna, Amelia, Noah 3/4B	Isla, Ava 3/4B

Values Awards

TERM 3	WEEK 3 'be tidy'	WEEK 4 'think before you act'
K/6A	Bonnie	Kyrie
K/6C	Wyatt	Ashton
K/6T	Memphis	Angus
KB	Kai	Carter
KM	Ace	Ace
K/1T	Tex	Izac
1H	Abby	Zara
2C	Laurika	Lyla
2F	Josie	Evie
3L	Xavier	Chelsea
3/4B	Noah	Noah, Jonah
4N	Mia	Nakyrh
4/5L		Andrhea
5/6H	Spencer	Savannah
6L	John	Evie

Sport Updates

Macquarie Cup Soccer

August 9 Results

CEPS Snrs v Charlton Christian College (win 1-0)

Both junior soccer teams played extremely well and won their respective games. Well done!

Thank you to the parent transporters on the day.
Mr Lewis

Macquarie Cup Netball

Round 10 Results

Jnr Milky Ways (loss)	v	Wirapaang
Jnr Crushers (win/forfeit)	v	Floraville
Snr Curly Wurlys (win)	v	Eleebana
Snr Twisters (loss)	v	Warners Bay

Zone Athletics

The Eastlake Macquarie Zone Athletics Carnival was held over two days, Tuesday August 6 and Wednesday August 7 at Baxter Oval, Marks Point.

On Tuesday, 23 students represented CEPS in the field events, 200m and 80m running: Eric 3L; Linkin and Mason 3/4B; Rocco, Jacob and Rowan 4N; Jake, Zac, Aniston and Abby 4/5L; Lincoln, Erika, Will, Lara, Finley and Milla 5/6H; Evie, Mason, Jasper, Keilee, Reese, Jake and Jack 6L.

On Wednesday, 24 students represented CEPS in the track events, including 100m sprints, 200m 800m and 1500m finals and the relay. Nate and Spencer 2C; Jacob and Billi 2F; Eric and Matilda 3L; Edith 3/4B; Bridie, Jacob, Billy and Hamish 4N; Aniston and Abby 4/5L; Erika, Will, Sharni, Finley, Milla and Taj 5/6H; Mason, Jasper, Keilee and Jacob 6L.

Congratulations to all students on their participation and sportsmanship over the two days. A special congratulations to Spencer and Abby who advanced through and will represent the zone at the Regional Athletics Carnival in their 100m age race.

A Big thank you to parents/carers who were able to assist with transport over the two days and were there to support our school team. We would be unable to attend these events without your support.

Maryanne Harris



Library

What an exciting month August is going to be!

Book Week is from August 18 to August 23 and the theme for this year is, *'Reading is my Secret Power'*!

Our celebrations will start Thursday August 22 when we will have our annual Book Week Parade. All our students are encouraged to come dressed as their favourite book character. The parade will commence at 2.15pm under the COLA. Please come one and all, and enjoy this extravaganza!

The following week, Thursday August 29, we are very lucky to have the amazing author/illustrator Leila Rudge, coming to visit our school. Many of the childrens books written and illustrated by Leila are in our library. This is an experience not to be missed!

Permission notes and payment need to be returned to school no later than Friday August 23.

BOOK WEEK PARADE!

Don't forget to come dressed as a character from your favourite book!

P & C Update

Our **Trivia Night** is being held this Friday August 16 - it's not too late to buy tickets, but be quick! Go to www.stickytickets.com

My Community Project voting closes this Thursday August 15. Get on board and support our P&C by voting for their submission, "All abilities Natural Playground and Fitness Track"

Go to www.mycommunityproject.service.nsw.gov.au to vote.

Grill'd Restaurant If you're up for some eating out during August, why not make Grill'd Charlestown your place of choice and support our P&C at the same time. Place your cap in the "Charity East" bin and put us in the draw to win \$300 for our school.

Keeping up to date with your P&C events and activities:

To keep updated with school information, download the Skoolbag app. Any information sent through the app is delivered by the school, which includes information on behalf of the P&C.

Join our Facebook page '*CEPS group to post info & questions*' P&C, uniform shop, P&C fundraising events, as well as other parents, all post updates and queries on this page daily.

Thank you to those who attended our recent P&C meeting. Our next meeting will be held on Tuesday August 20 at 7.00pm in the staff room. P&C meetings are held once a month, and sub-committee meetings as needed. All welcome to attend these meetings at any time. If you have any ideas or would like to join a committee please let us know by emailing pandc@ceps.org.au

P&C looking ahead:

P&C meeting, Trivia Night, Mini Markets

Thank you for all of your continued support
Emma Baker (P&C Committee Member)

Lunchbox Café News

It has been a very busy two weeks in our school canteen including Burger Week and Open Day as well as some changes to our menu.

During Burger Week we had 60 children order burgers and it was wonderful to see the students make healthier choices. We love hearing from parents who say their children gave something new a try. Congratulations to Kai in 3L and Madix in KB who won a free lunch order voucher. Look out for our next promotion week and a chance to win a free lunch!

Our menu is currently going through a few changes. Due to the 'Healthy Canteen Guidelines' the following items will no longer be available from our canteen effective from this week: fairy bread, honey soy Red Rock chips, lemonade twists and sour cream (that comes with the wedges). However, some new items will be added including apple Just Juice popper and a lemonade flavoured juicie.

We will also have vanilla and strawberry yoghurt pops, apple and blackcurrant juice pops and juice cups. We will also be adding steamed chicken and vegetable dim sims to the menu and these will be an everyday item that will be a serving of 2 with sweet chilli sauce for \$3.00.

Starting this week our ham and cheese pockets will now be selling for \$1.50 and don't forget that garlic bread and pizza subs are available at recess only.

Please inform your children of these changes and check the updated Lunchbox Café Menu to ensure that students have the correct amount of money when they are buying any of these items or placing a recess or lunch order.

Fresh Food days will now be held on the first Tuesday of every month. On these days we will be making some delicious fresh food options available for counter sales and we will be using produce from our school garden as part of this. Details of these events will be posted on our Facebook page and the Skoolbag App.

Please remind your children to place their recess and lunch orders into the lunch order box in the office by 9.10am Please be mindful that on some days we have over 100 orders and may be unable to fill orders that are not handed in until later in the day.

Leila Finch and the Canteen Committee

CANTEN VOLUNTEERS ROSTER	Mon 12 Aug	Tues 13 Aug	Wed 14 Aug	Thu 15 Aug	Fri 16 Aug
	Leila Finch Rebecca Wilson 8.45am – 2.00pm	Michelle Hammond Susan Rees 8.45am – 2.00pm	Emily Baker 8.45am – 2.00pm	Beth Curran Andrew Tiller 8.45am – 2.00pm	Leila Finch Jenny Ryan 8.45am – 2.00pm Kayleen Buckton 8.45am – 2.00pm
	Mon 19 Aug	Tue 20 Aug	Wed 21 Aug	Thu 22 Aug	Fri 23 Aug
	Leila Finch 8.45am – 2.00pm Victoria Lipscombe 11.30am – 2.00pm	Jenny Roach 8.45am – 2.00pm Lisa Baglee 11.30am – 2.00pm	Hayley Deacon Leigh Johnston 8.45am – 2.00pm	Marley Harris Aleasha Tuckerman 8.45am – 2.00pm	Leila Finch Marney McDonald 8.45am – 2.00pm
CANTEN VOLUNTEERS ROSTER	Mon 26 Aug	Tue 27 Aug	Wed 28 Aug	Thu 29 Aug	Fri 30 Aug
	Leila Finch 8.45am – 2.00pm Nicki Morgan 11.30am – 2.00pm	Kim McConnell 8.45am – 2.00pm	Kristie Krainz 8.45am – 2.00pm Leila Finch 12.00 – 2.00pm	Leila Finch Sue Rafferty 8.45am – 2.00pm	Leila Finch Jadie Reid 8.45am – 2.00pm

Cake Stall

A huge thank you to 3L and K/6C for all of the wonderful cakes and delicious treats that were brought in for the cake stall last week. There was an amazing selection for our families to choose from and we raised over \$400 which was fantastic.

Leila Finch and the Canteen Committee

Uniform Shop

Just a reminder that the uniform shop is open every Tuesday and Friday from 2.30pm – 3.10pm and is located between 3L and 4N classrooms. If you are unable to come in at this time please email the uniform shop at uniforms@ceps.org.au and we can arrange a time.

All orders for the insulated lunch bags need to be in Tuesday August 13. A bulk order will be placed this Friday and they will be distributed to the students' classrooms as soon as they come in.

PAYMENT METHODS:

eFTPOS - at the uniform shop only - when open

CASH - can be left with your order at the office or pay at the uniform shop - when open

NO ONLINE PAYMENTS - Payments will no longer be accepted through the school's online payment system

Our uniform shop is funded by the P&C

We look forward to helping you with all of your uniform needs.

Uniform Committee

School Garden

Thank you to all the families that came to visit our garden and outdoor space on open day. We had students making newspaper pots and planting their very own seeds to take home and watch grow. And we had families and students scratching their heads with a riddle adventure in our garden, "Which is the only table that doesn't have legs?" Families explored the area searching for hidden pegs each marked with a letter to help solve the puzzle. The answer to our riddle – 'a *vege-table*' of course! Congratulations to Imogen, Amelia, Eli, Jude and their families for solving the riddle.



Have you tried parsley pesto? It is a fresh zesty alternative to basil pesto and just as tasty. We have an abundance of parsley in our garden available for a small donation, with all funds raised helping to keep our garden stocked and healthy. Please see Maree Turner or Mrs Burgess to help with a harvest.

Parsley pesto recipe from the Stephanie Alexander Kitchen Garden Foundation

½ cup pine nuts ¾ cup olive oil
2 garlic cloves, peeled and chopped juice of half a lemon
2 cups parsley leaves, well packed Generous pinch of salt
120 g parmesan cheese, grated

1. Prepare all the ingredients as per the above measurements.
2. Toast the pine nuts in the frying pan over a medium heat.
3. Add the garlic and toasted pine nuts to the bowl of a food processor and process fine and crumbly.
4. Add the parsley leaves to the food processor and process until finely chopped.
5. Add the parmesan and with the motor running, slowly add the olive oil. Then add the lemon juice and pulse to combine. Check seasoning and adjust if necessary.
6. Using a spatula, scrape the parsley pesto into a serving bowl.

If you would like to join our Garden and Outdoor Learning Committee please contact us at cepsgarden@gmail.com. We always love some help in the garden.

It's that time of year where sniffles are amongst us. It would be greatly appreciated if families could donate 1 box of tissues to their child/s/children's class over the next week. It is also a good time to remind your children of the importance of good hand-washing practises.



Request for all School Maintenance Local Trades Providers and Suppliers

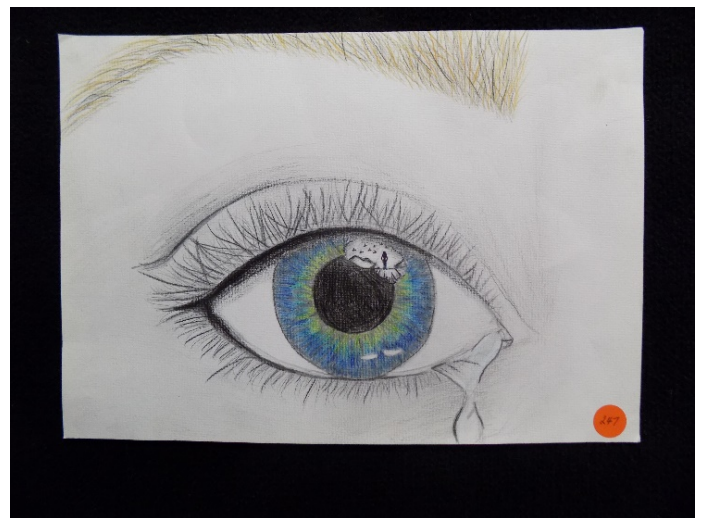
The NSW Government has committed the largest investment in planned maintenance at public schools in the history of NSW. A record \$1.3 billion is being spent on an ambitious delivery program, focused on employing local businesses and contractors across the state.

To assist in addressing regional school maintenance issues and at the same time provide work for local trade's persons and suppliers across the Hunter / Central Coast regions, over \$100 million is being invested to upgrade and maintain our school infrastructure.

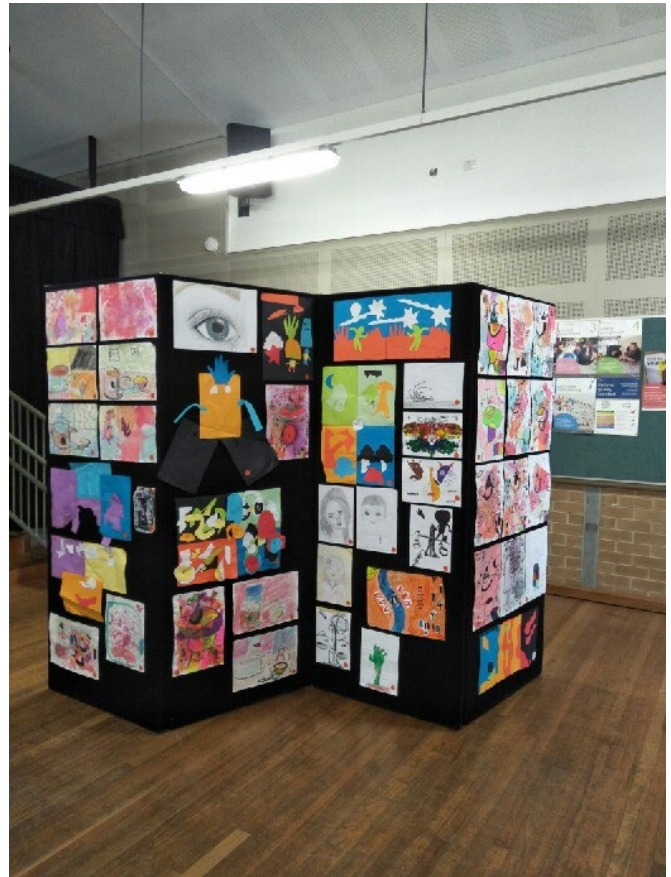
Given this record spend by School Infrastructure NSW, you are invited to an Asset Management Unit industry breakfast briefing. This will provide information to existing and new contractors on how you can get involved.

To find out more by attending our Industry breakfast register at www.eventbrite.com.au/e/industry-engagement-information-session-tickets-65766578607 or contact your Asset Management Unit on 4088 3500.

CEPS Art Show 2019



CEPS Art Show 2019



SCHOOL UNIFORM ORDER FORM

Please ensure you enclose the correct money and/or cheque and return to the School Office.



Child's Name: _____

Class: _____ Contact Phone Number: _____

ITEM	COLOUR	SIZES UNLESS SPECIFIED Youth - 4, 6, 8, 10, 12, 14, 16 Adult - 14	COST incl. GST	QTY	TOTAL
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HAT					
Bucket Hat Royal Blue with Sports colour inside	CIRCLE SPORTS COLOUR Red Blue Green Yellow	PLEASE CIRCLE S M L XL	\$20.00		

GIRLS UNIFORM					
Polo Shirt - Short Sleeve	White	SIZE:	\$25.00		
Polo Shirt - Long Sleeve	White	SIZE:	\$30.00		
Dress	Royal Blue & White Checks	SIZE:	\$45.00		
Skorts	Royal Blue & White Checks	SIZE:	\$35.00		
Warm Stockings, 80% Cotton	Navy	PLEASE CIRCLE 4-6 7-10 11-14	\$10.00		
Long Pants, Fleecy Lines, Elastic Waist	Grey	SIZE:	\$25.00		
Warm Zipper Jacket with Waistband	Royal Blue	SIZE:	\$45.00		

BOYS UNIFORM					
Polo Shirt - Short Sleeve	White	SIZE:	\$25.00		
Polo Shirt - Long Sleeve	White	SIZE:	\$30.00		
Shorts, Gabardine	Grey	SIZE:	\$20.00		
Long Pants, Gabardine, Elastic Waist	Grey	SIZE:	\$25.00		
Warm Zipper Jacket with Waistband	Royal Blue	SIZE:	\$45.00		

UNISEX SPORT UNIFORM					
Sports Polo Shirt	CIRCLE SPORTS COLOUR Red Blue Green Yellow	SIZE:	\$25.00		
Sports Shorts	Royal Blue	SIZE:	\$20.00		
Sports Shell Jacket	Royal Blue	SIZE:	\$45.00		
Sports Shell Pants with Leg Zipper	Royal Blue	SIZE:	\$25.00		

MISCELLANEOUS					
Logoed Plastic For Notes	Royal Blue	N/A	\$15.00		
Library Bag	Calico	N/A	\$5.00		
Insulated All Rounder Lunch Wallet Black with Coloured Trim	CIRCLE TRIM COLOUR Grey Red Blue	N/A	\$10.00		

TOTAL

CHARLESTOWN EAST PUBLIC SCHOOL – PARENTS & CITIZENS ASSOCIATION
90 James St, Charlestown NSW 2290 T 02 4943 5173 E pandc@ceps.org.au W www.charlestoe-p.school@det.nsw.edu.au ABN 66 410 605 564

SCHOOL UNIFORM



Our school community strongly supports the wearing of the school uniform. We believe that wearing our school uniform promotes self-discipline and helps build school pride among our students.

Uniform items are available through CEPS Uniform Shop, which is located between years 3 and 4 classrooms.

The uniform shop is open every Tuesday and Friday 2.30pm – 3.10pm.

Email: uniforms@ceps.org.au

For orders at other times please download the order form from the school website, or pick up from the office.

Place order and money with the office staff. Your order will be delivered to your child's classroom.

SUMMER



GIRLS

- Tartan School Tunic or White School Polo & Tartan Skort
- White Socks
- Black School Shoes



BOYS

- White School Polo
- Grey Shorts
- Grey Socks
- Black School Shoes

SPORTS UNIFORM

is worn on a Friday – Green Koalas, Blue Kangaroos, Red Robins, Yellow Swallows



SPORTS

- House Colour Polo
- Royal Blue Sports Shorts
- White Socks
- White Joggers

WINTER



GIRLS

- Tartan School Tunic or White Polo with Tartan Skort or Grey Pants
- Royal Blue School Jacket or Jumper
- Navy Stockings
- Black School Shoes



BOYS

- White Polo
- Grey Long Pants
- Royal Blue School Jacket or Jumper
- Grey Socks
- Black School Shoes

UNISEX

- White Polo
- Royal Blue Shell School Jacket
- Royal Blue Shell School Pants
- Black School Shoes

SPORTS UNIFORM

is worn on a Friday – Green Koalas, Blue Kangaroos, Red Robins, Yellow Swallows



SPORTS

- House Colour Polo
- Royal Blue Shell School Jacket
- Royal Blue Shell School Pants
- White Socks
- White Joggers

HAT

HAVE HAT, WILL PLAY!

School hats are mandatory to support the school's 'HAVE HAT, WILL PLAY' policy.



For students safety It is requested that Jewellery is not worn to school.

Earrings such as studs or small sleepers are acceptable. Royal Blue Hair accessories for girls.

CHARLESTOWN EAST PUBLIC SCHOOL – PARENTS & CITIZENS ASSOCIATION

90 James St, Charlestown NSW 2290 T 02 4943 5173 E pando@ceps.org.au W www.charlestoe-p.school@det.nsw.edu.au ABN 66 410 605 564

Charlestown East Public School – 90 James Street Charlestown NSW 2290

T 4943 5173 / F 4942 2575 / E charlestoe-p.school@det.nsw.edu.au / W www.charlestoe-p.school.nsw.edu.au

Good for Kids good for life

CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L

6—12 years 1.5L



TIPS TO DRINK MORE WATER

- ◊ Show children that you enjoy drinking water
- ◊ Drink water with every meal
- ◊ Take a refillable bottle when you go out
- ◊ Pack water for school
- ◊ Encourage drinking extra water when they play sport
- ◊ Limit buying sugary drinks



Information source: © [Cancer Council Victoria](#) 2019



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Healthy use of technology and social media for young people and families

Wed, Aug 28, 2019 6:00 PM. The Place Charlestown



In this dynamic 60 to 90-minute seminar, psychologist, Jocelyn Brewer, will help parents and carers understand aspects of technology, app and video game design that prove to be so seductive (and perhaps even 'addictive') to young people. Her fear-free, practical approach will help parents build skills to communicate with their young people, implement boundaries and consequences for behaviours (both online and off) and assist them to identify and manage their emotions, time and choices.

She will explore the ways young people use technology, some of the features of tech design that makes it so enticing and hard to put down, and the impacts on wellbeing.

Jocelyn will introduce her concept of Digital Nutrition™ as a positive framework for shaping healthy tech habits and a diverse digital diet, as well as how to apply the 3M's (mindful, meaningful and moderate) to online activities.

Free food is provided and the event is sponsored by the Port of Newcastle.



<https://www.digitalnutrition.com.au/>

<https://www.eventbrite.com/e/healthy-use-of-technology-and-social-media-for-young-people-and-families-tickets-64515228786>

Email: bwilliams@hunterprimarycare.com.au for more details or call 49294201

Hunter
PRIMARYCARE

 **headspace**
Newcastle

Calendar Term 3 2019					
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 August	12	13	14	15	16 P&C Trivia Night
5 August	19 Book Week	20	21 Netball Gala Day Newcastle Perm Test	22 Book Week Parade	23
6 August	26	27	28	29 Author Visit	30 Father's Day Breakfast
7 September	2	3 Cake Stall 2C & 2F	4	5	6
8 September	9	10	11	12	13 Leadership Day Yr 6
9 September	16	17 Concert 6.30pm	18 Concert Matinee 12 o'clock Touch Gala Day	19 Concert 6.30pm	20